

Marita K. Cardinal, Ed.D.**Biographical Profile**

Dr. Marita Cardinal is a Full Professor in the Division of Health and Exercise Science and a Faculty Member in the Department of Theatre and Dance at Western Oregon University. For the Exercise Science/Physical Education Program, she teaches elementary physical education teacher education for physical education and elementary education majors, movement education, dance education, fitness education, kinesiology, Pilates, and social dance. For the Dance Program, she teaches dance science, including courses in wellness, kinesiology, and conditioning for dancers. She received her bachelors degree in Theatre/Dance and an interdisciplinary masters degree in Theatre/Dance, Physical Education, and Music from Eastern Washington University, and her doctoral degree in Dance Education from Temple University. She previously worked at Eastern Washington University, Gonzaga University, Temple University, Wayne State University, and Oregon State University. Her research has been focused on curricular models for dance science and wellness education, conditioning programs for dancers, creative dance/movement integration in elementary school curricula, and strategies for health and physical activity behavior change. Her publications can be found in journals such as the *Journal of Dance Medicine and Science*; *Medical Problems of Performing Artists*; *IMPULSE: the International Journal of Dance Science, Medicine, and Education*; *Kinesiology and Medicine for Dance*; *Research Quarterly for Exercise and Sport*; *Medicine and Science in Sports and Exercise*; *the Journal of Physical Education, Recreation, and Dance*, among others. She has given numerous presentations, including invited lectures/workshops in dance wellness and dance education in South Korea in 1995, 2007, 2009, and 2014, as a Visiting Scholar in dance science at the Hong Kong Academy for Performing Arts in 2009, and as a Keynote Speaker in dance education in Thailand in 2014. She has served on the National Dance Association (NDA) Board as Publications Director, on the Research Consortium Board as NDA Representative, as Research Chairperson for NDA, and on the Editorial Board for the *Journal of Physical Education, Recreation, and Dance*. She also served on the National Dance Education Organization's Editorial Board for the *Journal of Dance Education* and was the Dance Representative on the Leadership Team for the Oregon Partnership for Arts Learning Standards. Among other awards and recognitions, she received the Excellence in Teaching Award from the College of Education at Wayne State University in 1996. Western Oregon University recognized her in 2008 with both their Mario & Alma Pastega Award for Excellence in Scholarship, which is the university's highest recognition of scholarly achievement, and their Faculty Academic Advisor of the Year Award. In 2009, she received the National Dance Association's Scholar/Artist Award, and in 2010 she received the Distinguished Alumni Award from EWU and the Outstanding Faculty Advising Certificate of Merit from the National Academic Advising Association. She is a Fellow in the Research Council of SHAPE America and a Fellow of the North American Society of Health, Physical Education, Recreation, Sport, and Dance Professionals.

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EDUCATION

- 1993 **Doctor of Education**, Department of Dance, Temple University, Philadelphia, PA. Emphases: Dance Education and Dance Science. Dissertation: "A survey analysis of dance wellness-related curricula in American higher education."
- 1984 **Master of Arts**, Interdisciplinary Studies: Departments of Physical Education, Theatre, and Music, Eastern Washington University, Cheney, WA. Emphases: Dance Education and Production. Project: Dance and Music Theatre Concert (plus supporting written document)
- 1982 **Bachelor of Arts**, Department of Theatre, Eastern Washington University, Cheney, WA. Emphases: Dance Performance and Choreography. (*Summa Cum Laude* and *Mary Shields Wilson Medallion Recipient*)
- 1978 **Diploma**, Davenport High School, Davenport, WA (*Valedictorian*)

TEACHING AND ADMINISTRATIVE EXPERIENCE

- 2008-present **Dance Faculty Member**, Department of Theatre and Dance and **Professor (Tenured) of Physical Education and Dance**, Division of Health and Exercise Science, Western Oregon University, Monmouth, OR
- 2004-present **Professor (Tenured) of Physical Education and Dance**, Division of Health and Physical Education, Western Oregon University, Monmouth, OR
- 2001-2004 **Associate Professor (Tenured) of Physical Education and Dance**, Division of Health and Physical Education, Western Oregon University, Monmouth, OR
- 1998-2001 **Assistant Professor of Physical Education and Dance**, Division of Health and Physical Education, Western Oregon University, Monmouth, OR
- 1997-1998 **Instructor of Physical Education and Dance**, Department of Exercise and Sport Science, Oregon State University, Corvallis, OR
- 1993-1997 **Assistant Professor of Physical Education and Dance, Graduate Program Co-Coordinator**, Division of Health, Physical Education, and Recreation, Wayne State University, Detroit, MI
- 1990-1993 **Administrative Assistant and Graduate Teaching Assistant**, Department of Dance, Temple University, Philadelphia, PA

- 1987-1990 **Instructor of Dance, Company Director, and Choreographer**, Department of Physical Education, Health, and Recreation and Department of Theatre, Eastern Washington University, Cheney, WA
- 1987-1988 **Dance Instructor**, Department of Physical Education, Gonzaga University; Class Acts Dance Studio; and Department of Parks and Recreation, Spokane, WA
- 1984-1986 **District Director and Dance/Movement Instructor**, Creative Dance for Children, Inc.; **Dance Instructor and Studio Administrator**, Edna Lee Dance Studio; **Assistant Manager and Fitness Instructor**, Danielle Bari Fitness Salons, Baltimore-Washington D.C. Metro area.
- 1981-1984 **Graduate Teaching Assistant, College Teaching Internship, and Dance Production Assistant**, Department of Physical Education, Health, and Recreation and Department of Theatre, Eastern Washington University, Cheney, WA
- 1979-1981 **Dance Instructor**, Young Women's Christian Association, Spokane, WA; Private Dance Instruction, Davenport, WA

University Instructional Assignments

Western Oregon University (designed curriculum for all courses)

- D 390 Kinesiology for Dancers
- D 240 Wellness for Dancers
- D 140 Conditioning for Dancers
- PE 445 Physical Education Curriculum
- PE 434 Elementary Physical Education Teaching Practicum
- PE 433 Physical Education in the Elementary School
- PE 371 Kinesiology
- PE 330 Teaching Methods in Physical Education I
- PE 246 Fundamentals of Movement/Teaching Movement Concepts and Skills to Children
- PE 240 Dance Pedagogy/Teaching Dance in Secondary Schools/Teaching Dance in PE
- PE 239 Teaching Movement Education
- PE 218/244 Teaching Aerobic Fitness
- PE 210 Teaching Social Dance
- PE 209 Teaching Basic Rhythms
- PE 207 Teaching Games and Relays
- PE 206 Teaching Folk and Square Dance
- PE 199 Zumba (Latin-based Aerobic Dance)
- PE 172 Basic Rhythms/Teaching Dance and Rhythmic Activities to Children
- PE 170 Games and Relays/Teaching Games and Physical Activities to Children
- PE 122 Social Dance I
- PE 121 Folk and Square Dance/Multicultural Dance
- PE 116 Pilates
- PE 409 Practicum Supervision
- ED 429, 498 Student Teacher Supervision (Undergraduate Education Program)
- ED 434-436 Physical Education Content Pedagogy Workshops (Undergraduate Education Program)
- ED 569M Physical Education Content Pedagogy Workshops (MAT Program)
- Undergraduate and Graduate Student Advising

Wayne State University (designed curriculum for all courses)

HPR 654 Workshop in HPR: Integrative Movement Education
PE 342 Physical Education for Elementary School Children II (co-taught)
PE 341 Physical Education for Elementary School Children I (co-taught)
PE 258 Physical Education in Secondary Schools: Individual Sports: Dance
PEA 129 Aerobic Dance
PEA 126 Step Aerobics
PEA 123 Sculpt, Stretch, and Tone
Student Teacher Supervision
Graduate Program Co-Coordinator

Temple University (designed curriculum for all courses)

Dance as Art
Ballet I, II (for entering/transferring dance majors)
Jazz I
Administrative Assistant

Eastern Washington University (designed curriculum for all courses)

Jazz I, II, III
Intermediate/Advanced Modern Dance (College Teaching Internship)
Music/Dance Theatre I, II
Tap I
Country Western Dance
Recreational/Social Dance
Aerobic Dance
Dance Company Director/Choreographer
Cheerleading Coach/Advisor
Fitness/Wellness Center Instructor

HONORS AND AWARDS

Professional

Faculty Inductee, The Honor Society of Phi Kappa Phi, 2017.

Robert J. Ritson Honorary Life Award, Oregon Association for Health, Physical Education, Recreation, and Dance, 2013.

Presidential Citation (for service as NDA Representative to the JOPERD Editorial Board), National Dance Association, 2013.

Fellow, North American Society for Health, Physical Education, Recreation, Sport, and Dance, 2011.

Outstanding Faculty Advising Certificate of Merit, National Academic Advising Association, 2010.

Distinguished Alumni Award (Outstanding Achievement in Professional Endeavors category), Eastern Washington University Alumni Association, 2010.

Scholar/Artist Award, National Dance Association, 2009.

Visiting Scholar (Invited), Special Programme on Dance Science and Wellness for Dancers, School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, China, 2009.

Faculty Academic Advisor of the Year Award, Western Oregon University, 2008.

Mario & Alma Pastega Award for Excellence in Scholarship, Western Oregon University, 2008.

Plaudit Award (for service as Dance Movement, Alignment, and Injuries Workshop Coordinator), National Dance Association, 2008.

Plaudit Award (for service as Research Committee Chairperson), National Dance Association, 2007.

Presidential Citation (for service as Scholar/ Artist Selection Committee Chairperson), National Dance Association, 2007.

Kennedy Center Creative Ticket Award (for curricular integration of the arts), Oregon Alliance for Arts Education, 2006.

College/University Teacher of the Year, Oregon Association for Physical Education, Oregon Alliance for Health, Physical Education, Recreation, and Dance, 2001.

Young Professional Award, Midwest District, American Alliance for Health, Physical Education, Recreation, and Dance, 1998.

Excellence in Teaching Award (\$1000 honorarium), College of Education, Wayne State University, 1996.

President-Dean's Selective Faculty Merit Award (*every year*), Wayne State University, 1993-1996.

Fellow, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance, 1995.

Copperfoot Choreography Award, Dance Department, Wayne State University, 1994.

Listed in Who's Who in America, Who's Who In American Education, Who's Who in the World, and World Who's Who of Women, The National Reference Institute.

Teaching Scholarship, Ririe-Woodbury Summer Dance Workshop, 1989.

Featured Teacher in "Spotlight on Dance Teachers . . . Coast to Coast," Dance Teacher Now (10th Anniversary Issue), 1989.

Student

Graduate Assistantship and Tuition Scholarship, Dance Department, Temple University, 1990-1993.

Graduate Assistantship, Department of Physical Education, Health, and Recreation, Eastern Washington University, 1983-1984.

Academic Scholarship, Martha Hall Educational Trust Fund, ONB Trust, 1980-1984.

Academic Scholarship, Dale Wilson Educational Trust Fund, 1979-1981; 1983-1984.

Student Inductee, The Honor Society of Phi Kappa Phi, 1982.

Mary Shields Wilson Award for outstanding undergraduate student achievement, Eastern Washington University, 1982.

Dean's Honor List (*all quarters*), Eastern Washington University, 1978-1982.

Academic Scholarship, Bessie and Godfrey Thompson Fund, 1978-1982.

Academic Scholarship, Alumni Association, Eastern Washington University, 1978-1979; 1980-1981.

Academic Scholarship, Judge W.M. Nevins, V.F.W. Post #7480, 1978-1979.

Valedictorian, Davenport High School, 1978.

PUBLICATIONS

Articles

Research

Loprinzi, P. D., Cardinal, B. J., Cardinal, M. K., & Corbin, C. B. (In press). Physical education and sport: Does participation relate to physical activity patterns, observed fitness, and personal attitudes and beliefs? *American Journal of Health Promotion*.

Cardinal, B. J., Rogers, K. A., Kuo, B., Locklear, R. L., Comfort, K. E., & Cardinal, M. K. (2015). Critical discourse analysis of motivational content in commercially available exercise DVDs: Body capital on display or psychological capital being developed? *Sociology of Sport Journal*, 32(4), 452-470. doi: <http://dx.doi.org/10.1123/ssj.2014-0157>

Cardinal, B. J., Park, E. A., Kim, M., & Cardinal, M. K. (2015). If Exercise is Medicine®, where is exercise in medicine? Review of U.S. medical education curricula for physical activity-related content. *Journal of Physical Activity and Health*, 12, 1336-1343. doi: <http://dx.doi.org/10.1123/jpah.2014-0316>

Cardinal, M. K. (2015). How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students. *Dance Research Journal of Korea*, 73(4), 75-89.

Cardinal, B. J., & Cardinal, M. K. (2014). A movement möbius: Intersecting dance and exercise science. *Dance Research Journal of Korea*, 72(6), 277-289.

Cardinal, B. J., Yan, Z., & Cardinal, M. K. (2013). Negative experiences in physical education and sport: How much do they affect later life physical activity participation?" *Journal of Physical Education, Recreation and Dance*, 84(3), 49-53.

Cardinal, B. J., Sorensen, S. D., & Cardinal, M. K. (2012). Historical perspective and current status of the physical education graduation requirement at American 4-Year colleges and universities. *Research Quarterly for Exercise and Sport*, 83(4), 503-512.

- Cardinal, M. K. (2009). Wellness education for dancers: A 15-year retrospective. *Journal of Physical Education, Recreation and Dance, 80*(5), 29-39.
- Cardinal, B. J., Cardinal, M. K., & Burger, M. E. (2005). Lifetime fitness for health course assessment: Implications for curriculum improvement. *Journal of Physical Education, Recreation and Dance, 76*(8), 48-52.
- Cardinal, B. J., & Cardinal, M. K. (2003). How are physical educators' attitudes toward role modelling physical activity and fitness promoting behaviours formed? *Journal of Human Movement Studies, 44*, 187-194.
- Cardinal, B. J., Levy, S. S., John, D. H., & Cardinal, M. K. (2002). Counseling patients for physical activity. *American Journal of Medicine & Sports, 4*, 364-371.
- Cardinal, B. J., & Cardinal, M. K. (2002). Role modeling attitudes and physical activity and fitness promoting behaviors of prospective physical education specialists and non-specialists. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal, 38*(3), 22-26.
- Cardinal, B. J., & Cardinal, M. K. (2001). Role modeling in HPERD: Do attitudes match behavior? *Journal of Physical Education, Recreation and Dance, 72*(4), 34-39.
- Cardinal, B. J., & Cardinal, M. K. (2000). Preparticipation physical activity screening within a racially diverse, older adult sample: Comparison of the original and revised physical activity readiness questionnaires. *Research Quarterly for Exercise and Sport, 71*(3), 302-307.
- Cardinal, B. J., Cardinal, M. K., Drabbs, M. E., Krause, J. V., Maddalozzo, J. G. F., Martin, J. J., Melville, D. S., & Singleton, S. P. (1998). Preliminary development of a scale to measure attitudes regarding the importance of role modeling in physical activity and fitness behaviors among health, physical education, recreation, and dance professionals. *Perceptual and Motor Skills, 86*, 627-630.
- Cardinal, B. J., & Cardinal, M. K. (1997). Changes in exercise behavior and exercise identity associated with a 14-week aerobic exercise class. *Journal of Sport Behavior, 20*(4), 377-386.
- Cardinal, M. K., & Hilsendager, S. A. (1997). A curricular model for dance wellness education in higher education dance programs. *Journal of Dance Medicine & Science, 1*(2), 67-72.
- Cardinal, M. K., Hilsendager, S. A., & Cardinal, B. J. (1996). Dance administrators' perceptions of dance wellness-related curricula in American higher education dance programs. *Medical Problems of Performing Artists, 11*, 83-87.
- Cardinal, B. J., Esters, J., & Cardinal, M. K. (1996). Evaluation of the revised physical activity readiness questionnaire in older adults. *Medicine and Science in Sports and Exercise, 28*(4), 468-472.
- Cardinal, M. K., & Hilsendager, S. A. (1995). Incorporating dance wellness-related components into higher education dance programs. *IMPULSE: The International Journal of Dance Science, Medicine, and Education, 3*, 238-248.
- Cardinal, B. J., & Cardinal, M. K. (1995). Screening efficiency of the revised physical activity readiness questionnaire in older adults. *Journal of Aging and Physical Activity, 3*, 299-308.
- Cardinal, M. K. (1993). African rhythms and their implications for the American jazz dance class. *IMPULSE: The International Journal of Dance Science, Medicine, and Education, 1*, 39-51.

- Cardinal, M. K., & Cardinal, B. J. (1992/93). An analysis of the quadricep-hamstring ratio among dancers and other cohorts. *Kinesiology and Medicine for Dance*, 15(2), 36-45.
- Cardinal, B. J., & Cardinal, M. K. (1993). Lifestyle exercise inventory: Preliminary development. *Perceptual and Motor Skills*, 77, 1066.
- Cardinal, B. J., & Cardinal, M. K. (1990). A survey of a college based dance performing group's perceived health habits and actual anthropometric measurements. *Washington Alliance for Health, Physical Education, Recreation and Dance Journal*, 46(1), 7-9.

Professional

- Kim, M., Cardinal, B. J., & Cardinal, M. K. (2015). Diversifying physical activity course curricula to meet institutional expectations and satisfy student needs in higher education: An introductory framework (Viewpoint Column). *Journal of Physical Education, Recreation and Dance*, 86(9), 5-8. doi: 10.1080/07303084.2015.1086608
- Cardinal, B. J., & Cardinal, M. K. (2015). Regulating physical activity education for the public's health and safety and the field's continued relevance and survival: Licensure for exercise leadership – it's time! [Editorial]. *Journal of Physical Education, Recreation and Dance*, 86(5), 3-5. doi: 10.1080/07303084.2015.1023101
- Cardinal, M. K. (2015). Introducing the core arts dance standards: Identifying possibilities for integration and reciprocity with physical education. *Journal of Physical Education, Recreation and Dance*, 86(2), 3-7.
- Cardinal, M. K. (2014). SPICE²S: Wellness dimensions applied to dance with advice for teachers. *Journal of Physical Education, Recreation and Dance*, 85(3), 3-7.
- Cardinal, M. K. (2013). Deciphering dance in reality television: The good, the questionable, and the unconscionable. *Journal of Physical Education, Recreation and Dance*, 84(1), 7-10.
- Musmon, M., Welsh, K., Heath, F. L., Minton, S., Laverty, M. A., Maeshiba, N., Weeks, S., Cardinal, M. K., Howton, A., & Tavacioglu, L. (2008). Dance specialists around the world: A living history. *Journal of Physical Education, Recreation and Dance*, 79(4), 24-32.
- Cardinal, B. J., & Cardinal, M. K. (2007, February 13). Oregon college students need health, fitness classes [Guest Opinion]. *Statesman Journal*, p. C5.
- Cardinal, M. K. (1997, May). Activities and assessment strategies. *Michigan Alliance for Health, Physical Education, Recreation and Dance Journal*, 26-27.
- Cardinal, M. K. (1996, May). Report on MAHPERD Southeast Regional Workshop. *Michigan Alliance for Health, Physical Education, Recreation and Dance Journal*, 33-34.
- Cardinal, M. K. (1994). [Review of the book, Finding balance: Fitness and training for a lifetime in dance]. *Dance Research Journal*, 26(1), 31-32.
- Cardinal, M. K. (1990, Fall). Experience dance -- WAHPERD Conference '90. *The Dance Educator*, 3(3), 6.

Book Chapters and Monographs

- Cardinal, M. K., & Cardinal, B. J. (In press). Historiography of dance research on the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance's annual program, 1965-2014. In L. Y. Overby & B. Lepczyk (Eds.), *Dance: Current selected research* (Volume 9, pp. xxx-xxx).
- Cardinal, M. (2016). Service learning programs in dance education. In L. Y. Overby (Ed.): *Public scholarship in dance: Teaching, choreography, research, service, and assessment for community engagement*. Champaign, IL: Human Kinetics.
- Cardinal, M. K. (2010). Foreward. In S. Weeks (Ed.): *NDA Scholar/Artist collection of lectures 1978 - 2010*. Reston, VA: National Dance Association.
- Cardinal, M. K. (2010). 2009 Scholar/ Artist Lecture: Wellness education for dancers: A 15-year retrospective. In S. Weeks (Ed.): *NDA Scholar/Artist collection of lectures 1978 - 2010*. Reston, VA: National Dance Association.
- Cardinal, M. K. (2009). *2009 Scholar/Artist Lecture: Wellness education for dancers: A 15-year retrospective*. Reston, VA: National Dance Association.
- Cardinal, B. J., Singleton, S. P., & Cardinal, M. K. (2000). Application of the revised physical activity readiness questionnaire to a community sample of low-income, minority, older adults. In S. Harris, W. S. Harris, and J. O. Harris (Eds.), *Lifelong health and fitness, volume 1: Prevention and human aging* (pp. 77-92). Albany, NY: Center for the Study of Aging.
- Cardinal, M. K. & Hilsendager, S. A. (1997). Dance wellness curricular model for higher education. In L. Young-Overby & P. Cote-Laurence (Eds.), *Dance education: A lifetime of experiences* (pp. 52-63). Reston, VA: National Dance Association.

Conference Proceedings

- Cardinal, M. K. (2014). How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students. *Conference proceedings of the International Symposium of the Korean Society of Dance: Ingenious Convergence of Dance Culture I*, Seoul, South Korea.
- Cardinal, M. K. (2014). Cultural relevance and creative thinking through folk dancing. Online conference proceedings of the Council for Children's Expanded Physical Education. Available at: <http://www.ccepe.net/CCEPE%20Website%20Materials/2014%20Materials/Handouts/CCEPE2014FolkDanceCardinal.pdf>
- Cardinal, M. K. (2013). Playing with rhythms: Eurythmics to STOMP. Online conference proceedings of the Council for Children's Expanded Physical Education. Available at: <http://www.ccepe.net/CCEPE%20Website%20Materials/2013%20Materials/Supplementary%20Electronic%20Materials/CCEPE2013RhythmsCardinal.pdf>
- Cardinal, M. K. (2012). SPICE?S: Wellness for dancers with voices from dancers in the U.S. and Hong Kong. *Focus on dance education: Many cultures, strength through diversity*. Conference proceedings from the National Dance Education Organization Conference, Los Angeles, CA.
- Cardinal, M. K. (2011). Service learning programs in dance education. *Focus on dance education: Collaborations: Different identities, mutual paths*. Conference proceedings from the National Dance Education Organization Conference, Minneapolis, MN.

- Cardinal, M. K. (2011). Wellness for dancers: A model course curriculum for college/university dancers. In R. Solomon & J. Solomon (Eds.), *Abstracts of the 21st annual meeting of the International Association for Dance Medicine & Science* (p. 66). Conference proceedings from the IADMS Conference, Washington, DC.
- Cardinal, M. K. (2009). Current status of wellness education for dancers in United States higher education. *Dance, dance education in human life*, 71-86. Conference proceedings from the International Congress by The Korean Association of Dance, Seoul, South Korea.
- Cardinal, M. K. (2009). Current status of wellness education for dancers in United States higher education (abstract). *Exploring the role of physical activity for healthy community*, 320. Conference proceedings from the International Sport Science Congress, Korean Association for Health, Physical Education, Recreation, and Dance, Hanyang University, Seoul, South Korea.
- Cardinal, M. K. (2009). Trends in dance wellness-related education in higher education: 1990-2008. *The futuristic insight for the sports science*. Conference proceedings from the International Sports Science Symposium, Hanyang University, Education Research Industry Cluster at Ansan, Seoul, South Korea.
- Cardinal, M. K. (2008). Preventing dance injuries: Conditioning to overcome malalignments and muscular imbalances. *National Dance Association convention proceedings*. American Alliance for Health, Physical Education, Recreation and Dance Convention, Fort Worth, TX.
- Cardinal, M. K. (2004). Building a community: A model for arts education integration. *A moving landscape: Dance pedagogy for the 21st century*. Conference proceedings from the National Dance Association Pedagogy Conference, Dallas, TX.
- Cardinal, M., Halverson, B., Rice, G., Taylor, S., Greiner, M., & Gable, D. (2003). Enhanced use of technology by pre-service teachers in the undergraduate physical education curriculum and teacher education program at Western Oregon University. Conference proceedings from the PT3 (Preparing Tomorrow's Teachers to Use Technology) Showcase: Rounds 2, 3, and 4 Mini-Grant Projects and Progress Reports, Center for Teaching and Learning, Western Oregon University.
- Cardinal, M. K. (1997). Development of standards for dance wellness education. Conference proceedings from the 4th Dance Science & Somatics Conference, Cleveland, OH.
- Cardinal, M. K. (1995). Dance in higher education for the 21st century. *The exploration of the new direction for the expansion of dance education*, 27-36. Conference proceedings from the 2nd seminar and workshop of the Korean Dance Education Society, Iri, South Korea.
- Cardinal, M. K. (1995). Dance wellness curricular model for higher education dance. *The exploration of the new direction for the expansion of dance education*, 79-88. Conference proceedings from the 2nd seminar and workshop of the Korean Dance Education Society, Iri, Korea.

Curriculum Materials

- Cardinal, M. K. (2001, May). Healthy lifestyles curriculum: Physical activity. In L. Muscato (Ed.), *Healthy lifestyles manual: Volume I*. Curriculum guide for visiting teachers, administrators, and health professionals from Ukraine. Monmouth, OR: Western Oregon University.

Abstracts

- Cardinal, M. K., & Cardinal, B. J. (2017). Historiography of dance research in the Research Consortium/Council, 1965-2014. *Research Quarterly for Exercise and Sport*, 88(Suppl. 1), A87. doi: 10.1080/02701367.2017.1295756
- Cardinal, B. J., Comfort, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & Cardinal, M. K. (2015). Body demographics of instructors and demonstrators in commercial exercise DVDs. *Research Quarterly for Exercise and Sport*, 86(Suppl. 2), A93-A94.
- Cardinal, B. J., Park, E. A., Kim, M., & Cardinal, M. K. (2015). National review of U.S. medical education curricula for physical activity-related content. [Abstract No. 290]. *Medicine and Science in Sports and Exercise*, 47(Suppl. 5), 69.
- Cardinal, B. J., Kirk, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & Cardinal, M. K. (2015). Motivational content in commercially available exercise DVDs. *Journal of Sport and Exercise Psychology*, 37(Suppl.), S99.
- Cardinal, B. J., Sorensen, S., & Cardinal, M. K. (2011). Physical education graduation requirements at American colleges and universities: 2009-10. *Research Quarterly for Exercise and Sport*, 82(Suppl. 1), A35-A36.
- Cardinal, M. K., & Cardinal, B. J. (2007, March). A 15-year review of dance research presented at the AAHPERD national convention through the research consortium, 1992-2006. *Research Quarterly for Exercise and Sport*, 78(Suppl. 1), A5-A6.
- Cardinal, M. K., Hernandez, B. L. M., & Lepczyk, B. (2006, April). Research methods in dance: A symposium garnering the breadth of the field of dance. *Research Quarterly for Exercise and Sport*, 77(Suppl. 1), A-12.
- Cardinal, B. J., Burger, M. E., & Cardinal, M. K. (2004). Middle and high school level "lifetime fitness for health" courses in Oregon: Summary of the 2002 school health education profile study, physical education module (supplement) results. *Research Quarterly for Exercise and Sport*, 75(Suppl. 1), A62.
- Cardinal, B. J., & Cardinal, M. K. (2003). How are positive attitudes toward role modeling physical activity and fitness promoting behaviors among PETE faculty, PETE students, and K-12 physical educators formed? *Research Quarterly for Exercise and Sport*, 74(Suppl. 1), A39.
- Cardinal, M. K., & Cardinal, B. J. (2002). A review of dance research presented at AAHPERD through the Research Consortium, 1992-2001. *Research Quarterly for Exercise and Sport*, 73(Suppl. 1), A2-A3.
- Cardinal, B. J., & Cardinal, M. K. (2001). Attitudes toward role modeling physical activity and fitness promoting behaviors in HPERD. *Research Quarterly for Exercise and Sport*, 72(Suppl. 1), A91-A92.
- Cardinal, B. J., & Cardinal, M. K. (2001). Role modeling attitudes and physical activity and fitness promoting behaviors of undergraduate students majoring in physical education, elementary education, and other areas of study. *Research Quarterly for Exercise and Sport*, 72(Suppl. 1), A58-A59.
- Cardinal, M. K. (2000). Trends in dance science and dance wellness-related education: 1990-97. *Research Quarterly for Exercise and Sport*, 71(Suppl. 1), A20-21.
- Cardinal, M. K., Lofman, E. C., & Cardinal, B. J. (1999). Evaluation of a supplemental strength and conditioning program for dancers. *Research Quarterly for Exercise and Sport*, 70(Suppl. 1), A16-17.

- Cardinal, B. J., & Cardinal, M. K. (1999). Physical activity readiness questionnaire update: Replication and extension among older, minority adults. *Research Quarterly for Exercise and Sport*, 70(Suppl. 1), A25.
- Cardinal, B. J., Singleton, S. P., & Cardinal, M. K. (1997). Determining older adults' physical activity readiness [Abstract]. *Research Quarterly for Exercise and Sport*, 68(Suppl. 1).
- Cardinal, B. J., & Cardinal, M. K. (1996). Changes in exercise behavior and exercise self-schema associated with a 14-week aerobic exercise class [Abstract]. *Research Quarterly for Exercise and Sport*, 67(Suppl. 1), A96-A97.
- Cardinal, M. K., & Hilsendager, S. A. (1995). A survey of dance administrators' perceptions of dance wellness-related curricula in American higher education dance programs [Abstract]. *4th Dance Science and Related Topics Symposium*. University of California, Irvine, Department of Dance.
- Cardinal, M. K., & Hilsendager, S. A. (1995). Availability of dance wellness-related curricula in American higher education dance programs [Abstract]. *Research Quarterly for Exercise and Sport*, 66(Suppl. 1), A18.
- Cardinal, B. J., & Cardinal, M. K. (1995). Comparison of responses to the physical activity readiness questionnaire (PARQ) and revised PARQ in 70+ year old adults [Abstract]. *Research Quarterly for Exercise and Sport*, 66(Suppl. 1), A29.
- Cardinal, B. J., Esters, J., & Cardinal, M. K. (1995). Evaluation of the revised physical activity readiness questionnaire in older adults [Abstract No. 102]. *Medicine and Science in Sports and Exercise*, 27(Suppl. 5), S17.
- Cardinal, M. K. (1994). Survey analysis of dance wellness-related curricula in American higher education [Abstract No. 250]. *Completed Research in Health, Physical Education, Recreation, and Dance*, 35, 106-107.
- Cardinal, M. K., & Hilsendager, S. A. (1994). Perceptions and barriers of dance wellness-related curricula in American higher education dance programs [Abstract]. *Research Quarterly for Exercise and Sport*, 65(Suppl. 1), A21.
- Cardinal, M. K. (1993). A survey of dance wellness-related curricula in American higher education [Abstract]. *IMPULSE: The International Journal of Dance Science, Medicine, and Education*, 1(2), 153-154.
- Cardinal, M. K., & Cardinal, B. J. (1993). Dancers' quadriceps-hamstring ratios: An exploratory study of a potentially injurious phenomenon [Abstract]. *Research Quarterly for Exercise and Sport*, 64(Suppl. 1), A22.

Interviews

- Perlberg, S. (2013, April). As dance grows in popularity, injuries rise. *St. Louis Post-Dispatch*, http://www.stltoday.com/lifestyles/health-med-fit/as-dance-grows-in-popularity-injuries-rise/article_5996fb7d-9710-5de3-9eb3-20ff82538aed.html.
- Coleman, C. (2010, May). Getting to the core of dance. *Polk County Itemizer-Observer*, <http://www.itemizerobserver.com/DIONews18.shtml>.
- Berardi, G. (2010, March). Higher ed: Health care plan. *Dance Teacher Magazine*, 72-74, <http://www.dance-teacher.com/content/health-care-plan>.

PRESENTATIONS

Research

- Cardinal, M. K., & Cardinal, B. J. (2017, March). *Historiography of dance research in the Research Consortium/Council, 1965-2014*. Poster to be presented at the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Boston, MA (unable to attend conference and present poster due to flight cancellation/blizzard conditions in Boston)
- Cardinal, B. J., Rogers, K. A., Kuo, B., Rosalee L. L., Kirk, K. E., & Cardinal, M. K. (2015, October). *Body demographics of instructors and demonstrators in commercial exercise DVDs*. Poster presented at the annual Oregon Society of Health and Physical Education [SHAPE] Conference, Forest Grove, OR.
- Cardinal, B. J., Rogers, K. A., Kuo, B., Rosalee L. L., Kirk, K. E., & Cardinal, M. K. (2015, October). *Motivational content in commercially available exercise DVDs*. Poster presented at the annual Oregon Society of Health and Physical Education [SHAPE] Conference, Forest Grove, OR.
- Cardinal, B. J., Kirk, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & Cardinal, M. K. (2015, June). *Motivational content in commercially available exercise DVDs*. Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.
- Cardinal, B. J., Park, E. A., Kim, M., & Cardinal, M. K. (2015, May). *National review of U.S. medical education curricula for physical activity-related content*. Poster presented at the 2015 Annual Meeting, World Congress on Exercise is Medicine, and World Congress on the Basic Science of Exercise Fatigue of the American College of Sports Medicine, San Diego, CA.
- Cardinal, B. J., Kirk, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & Cardinal, M. K. (2015, March). *Body demographics of instructors and demonstrators in commercial exercise DVDs*. Poster presented at the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Seattle, WA.
- Cardinal, M. K. (2014, November). *How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students*. Invited lecture presented at the International Symposium of the Korean Society of Dance: Ingenious Convergence of Dance Culture I, Seoul, South Korea.
- Cardinal, M. K. (2013, October). *Comparison of U. S. and Hong Kong dancers' perspectives on wellness*. Poster presented at the Oregon Society for Health and Physical Educators Conference, Albany, OR.
- Cardinal, M. K. (2013, April). *Comparison of U. S. and Hong Kong dancers' perspectives on wellness*. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Charlotte, NC.
- Cardinal, M. K. (2012, October). *SPICE²S: Wellness for dancers with voices from dancers in the U.S. and Hong Kong*. Paper presented at the National Dance Education Organization Conference, Los Angeles, CA.
- Cardinal, B. J., Sorensen, S., & Cardinal, M. K. (2011, April). *Physical education graduation requirements at American colleges and universities: 2009-2010*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, San Diego, CA.

- Cardinal, M. K. (2009, August). *Current status of wellness education for dancers in United States higher education*. Invited lecture presented at the International Congress by The Korean Association of Dance, Seoul, South Korea.
- Cardinal, M. K. (2009, August). *Current status of wellness education for dancers in United States higher education*. Invited lecture presented at the International Sport Science Congress, Korean Association for Health, Physical Education, Recreation, and Dance, Hanyang University, Seoul, South Korea.
- Cardinal, M. K. (2009, August). *Trends in dance wellness-related education in higher education: 1990-2008*. Invited lecture presented at the International Sports Science Symposium, Hanyang University, Education Research Industry Cluster at Ansan, Seoul, South Korea.
- Cardinal, M. K. (2009, April). *Wellness education for dancers: A 15-year retrospective*. National Dance Association Scholar/Artist lecture presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Tampa, FL.
- Cardinal, M. K. (2009, January). *Current status of dance science and wellness*. Invited lecture presented for the School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, China.
- Cardinal, M. K. (2009, January). *A curriculum model for dancer wellness*. Invited lecture presented for the School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, China.
- Cardinal, M. K., & Cardinal, B. J. (2007, March). *A 15-year review of dance research presented at the AAHPERD national convention through the research consortium, 1992-2006*. Paper presented as part of a Dance Research Symposium at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Baltimore, MD.
- Cardinal, M. K., Hernandez, B. L. M., & Lepczyk, B. (2006, April). *Research methods in dance: A symposium garnering the breadth of the field of dance*. Symposium presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Salt Lake City, UT.
- Cardinal, B. J., Burger, M. E., & Cardinal, M. K. (2004, April). *Middle and high school level "lifetime fitness for health" courses in Oregon: Summary of the 2002 school health education profile study, physical education module (supplement) results*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, New Orleans, LA.
- Cardinal, M. (2004, January). *Building a community: A model for arts education integration*. Paper presented at the National Dance Association Pedagogy Conference, Dallas TX.
- Cardinal, B. J., & Cardinal, M. K. (2003, April). *How are positive attitudes toward role modeling physical activity and fitness promoting behaviors among PETE faculty, PETE students, and K-12 physical educators formed?* Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Philadelphia, PA.
- Cardinal, M. K., & Cardinal, B. J. (2002, April). *A review of dance research presented at AAHPERD through the Research Consortium, 1992-2001*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, San Diego, CA.
- Cardinal, B. J., & Cardinal, M. K. (2001, March). *Attitudes toward role modeling physical activity and fitness promoting behaviors in HPERD*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Cincinnati, OH.

- Cardinal, B. J., & Cardinal, M. K. (2001, March). *Role modeling attitudes and physical activity and fitness promoting behaviors of undergraduate students majoring in physical education, elementary education, and other areas of study*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Cincinnati, OH.
- Cardinal, M. K. (2000, March). *Trends in dance science and dance wellness-related education: 1990-97*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Orlando, FL.
- Cardinal, M. K., Lofman, E. C., & Cardinal, B. J. (1999, April). *Evaluation of a supplemental strength and conditioning program for dancers*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Boston, MA.
- Cardinal, B. J., & Cardinal, M. K. (1999, April). *Physical activity readiness questionnaire update: Replication and extension among older, minority adults*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Boston, MA.
- Cardinal, M., Koff, S., & Hilsendager, S. (1997, March). *New paradigms for dance in education for the 21st century*. Panel presentation presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, St. Louis, MO.
- Cardinal, B. J., Singleton, S. P., & Cardinal, M. K. (1997, March). *Determining older adults' physical activity readiness*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, St. Louis, MO.
- Cardinal, M. K. (1997, February). *Development of wellness guidelines for dance education*. Roundtable session presented at the 4th Dance Science & Somatics Conference, Cleveland, OH.
- Cardinal, M., Plastino, J., Bonbright, J., Newman, S., & Solomon, R. (1996, April). *Dancer health screening/assessment programs*. Panel presentation presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Atlanta, GA.
- Cardinal, B. J. & Cardinal, M. K. (1996, April). *Changes in exercise behavior and exercise self-schema associated with a 14-week aerobic exercise class*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Atlanta, GA.
- Cardinal, M. K. & Hilsendager, S. A. (1995, October). *A survey of dance administrators' perceptions of dance wellness-related curricula in American higher education dance programs*. Invited paper presented at the 4th Dance Science & Related Topics Symposium, Irvine, CA.
- Cardinal, M. K. (1995, July). *Dance in higher education for the 21st century*. Invited paper presented at the 2nd Seminar and Workshop of the Korean Dance Education Society, Iri, Korea.
- Cardinal, M. K. (1995, July). *Dance wellness curricular model for higher education dance*. Invited paper presented at the 2nd Seminar and Workshop of the Korean Dance Education Society, Iri, Korea.
- Cardinal, B. J., Esters, J., & Cardinal, M. K. (1995, May). *Evaluation of the revised physical activity readiness questionnaire in older adults*. Poster session presented at the American College of Sports Medicine Convention, Minneapolis, MN.

- Cardinal, B. J., & Cardinal, M. K. (1995, April). *Comparison of responses to the physical activity readiness questionnaire (PARQ) and revised PARQ in 70+ year old adults*. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Portland, OR.
- Cardinal, M. K., & Hilsendager, S. A. (1995, March). *Availability of dance wellness-related curricula in American higher education dance programs*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Portland, OR.
- Cardinal, M. K., & Hilsendager, S. A. (1995, February). *Incorporation of dance wellness-related curricula in American higher education dance programs*. Paper presented at the National Dance Association-sponsored Science and Somatics of Dance Symposium, Salt Lake City, UT.
- Cardinal, M. K., & Hilsendager, S. A. (1994, October). *Dance wellness curricular model for higher education dance programs*. Paper presented at the National Dance Association and National Association for Sport and Physical Education co-sponsored Dance Education Conference, East Lansing, MI.
- Cardinal, M. K., & Hilsendager, S. A. (1994, April). *Perceptions and barriers of dance wellness-related curricula in American higher education dance programs*. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Denver, CO.
- Cardinal, M. K. (1994, March). *Status of dance science curricula in American higher education dance programs*. Poster session presented at the Northwest District of the American Alliance of Health, Physical Education, Recreation and Dance Convention, Boise, ID.
- Cardinal, M. K. (1993, November). *Dance science curricula in American higher education dance programs: A content analysis of the National Dance Association's 1990 Dance Directory*. Poster session presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Traverse City, MI.
- Cardinal, B. J., & Cardinal, M. K. (1993, November). *Body composition of 12 kilometer fun run participants and non-participants*. Poster session presented at the Michigan State Association of Health, Physical Education, Recreation and Dance Convention, Traverse City, MI.
- Cardinal, M. K., & Cardinal, B. J. (1993, March). *Dancers' quadricep - hamstring ratios: An exploratory study of a potentially injurious phenomenon*. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Washington, D.C.
- Cardinal, M. K. (1992, December). *African rhythms: Application to teaching jazz dance*. Paper presented at the Pennsylvania State Association for Health, Physical Education, Recreation and Dance Convention, Lancaster, PA.

Professional

- Cardinal, M. K., (2016, October). *Conditioning and Periodization of Training for Dancers*. Session presented at the Dancer Wellness Workshop, Dance Program, Western Oregon University.
- Cardinal, M. K. (2016, August). *Creative Dance/Movement for Early Childhood: Part I*. Invited session presented at the Rhythm and Moves, Inc. Conference, San Francisco, CA.
- Cardinal, M. K. (2016, August). *Building Blocks to Dancing: Progressing from Locomotor Skills to Dance Steps: Part II*. Invited session presented at the Rhythm and Moves, Inc. Conference, San Francisco, CA.

- Cardinal, M. K. (2016, August). *Teaching Dance in Junior High School*. Invited session presented at the Rhythm and Moves, Inc. Conference, San Francisco, CA.
- Kim, M., Cardinal, B. J., & Cardinal, M. K. (2016, April). *Diversifying physical activity course curricula to meet institutional expectations and satisfy students needs: An introductory framework*. Paper presented at the College/University Instructional Physical Activity Program and Wellness half-day workshop held in conjunction with the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Minneapolis, MN.
- Cardinal, M. K. (2015, August). *Exploring elements of rhythm, part I: Movement, creations, and Eurythmics*. Invited session presented at the Rhythm and Moves, Inc. Conference, San Francisco, CA.
- Cardinal, M. K. (2015, August). *Exploring elements of rhythm, part II: Move, create and STOMP*. Invited session presented at the Rhythm and Moves, Inc. conference, San Francisco, CA.
- Cardinal, M. K. (2015, March). *Exploring elements of rhythm through creative dance, Eurythmics and STOMP*. Session presented at the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Seattle, WA.
- Cardinal, M. K. (2014, October). *Dancing with streamers*. Session presented at the Oregon Society of Health and Physical Educators Conference, McMinnville, OR.
- Cardinal, M. K. (2014, March). *Teaching creative dance*. Invited keynote lecture and workshop presented at the KU Dance Workshop, Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- Cardinal, M. K. (2014, March). *Teaching folk dance*. Invited keynote lecture and workshop presented at the KU Dance Workshop, Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- Cardinal, M. K. (2014, March). *Teaching aerobic dance*. Invited keynote lecture and workshop presented at the KU Dance Workshop, Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- Cardinal, M. K. (2014, March). *Teaching social dance*. Invited keynote lecture and workshop presented at the KU Dance Workshop, Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- Cardinal, M. K. (2014, March). *Teaching Pilates*. Invited keynote lecture and workshop presented at the KU Dance Workshop, Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- Boonchai, K., Cardinal, M. K., & Soachalerm, A. (2014, March). *Folk dance*. Series of five invited workshops presented at the KU Dance Workshop, Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- Cardinal, M. K. (2014, February). *Cultural relevance and creative thinking through folk dancing*. Session presented at the Council for Children's Expanded Physical Education Conference, Beaverton, OR.
- Cardinal, M. K. (2014, January). *Ballroom dancing*. Session presented at the Health and Physical Education Higher Education Conference, Silver Falls, OR.

- Cardinal, M. K. (2013, April). *Dance teacher preparation through service learning*. Paper presented as part of the symposium, *Beyond best practices: The future of dance education symposium*, at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Charlotte, NC.
- Cardinal, M. K. (2013, February). *Playing with rhythms: Eurythmics to STOMP*. Session presented at the Council for Children's Expanded Physical Education Conference, Beaverton, OR.
- Cardinal, M. K. (2011, October). *Service learning programs in dance education*. Paper presented at the National Dance Education Organization Conference, Minneapolis, MN.
- Cardinal, M. K. (2011, October). *Wellness for dancers: A model course curriculum for college/university dancers*. Paper presented at the 21st annual meeting of the International Association for Dance Medicine & Science, Washington, DC.
- Cardinal, M. K. (2011, January). *A model for service learning: Involvement of local home-schooled, charter school, and daycare children in teacher preparation courses*. Presented at the Health and Physical Education Higher Education Conference, Silver Falls, OR.
- Cardinal, M. K. (2010, October). *Zumba: Latin dance-based aerobic exercise*. Invited session presented at the Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference, West Salem, OR.
- Cardinal, M. K. (2010, February). *African Highlife folk dance and Zumba*. Invited presentation for the breakout session *Dance and Share (Meg Greiner and Friends)*, Council on Children's Expanded Physical Education Conference, Portland, OR.
- Cardinal, M. K. (2010, January). *Zumba morning exercise class*. Presented at the Health and Physical Education Higher Education Conference, Silver Falls, OR.
- Cardinal, M. K. (2009, August). *Injury prevention for dancers*. Invited workshop presented for the Dance Department, Korean National Sports University, Seoul, South Korea.
- Cardinal, M. K. (2009, January). *Health and wellness issues for dancers*. Invited lecture presented for the School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, China.
- Cardinal, M. K. (2009, January). *Injury prevention for dancers*. Invited 3-hour workshop presented for the School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, China.
- Cardinal, M. K. (2009, January). *Core stability for dancers*. Invited 3-hour workshop presented for the School of Dance, The Hong Kong Academy for Performing Arts, Hong Kong, China.
- Cardinal, M. K. (2008, April). *Preventing dance injuries: Conditioning to overcome malalignments and muscular imbalances*. Session presented at the National Dance Association of the American Alliance for Health, Physical Education, Recreation and Dance Convention, Fort Worth, TX.
- Cardinal, M. K. (2007, April). *Teaching creative dance to children*. Invited 2-day workshop presented for the Dance Department, Korean National Sports University, Seoul, South Korea.
- Vetter, R., Cardinal, M. K., & LaPointe-Crump, J. (2007, March). *Dance Networking and Publishing – Research Collaborations in Dance*. Panel participation at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Baltimore, MD.

- Cardinal, M., Jayne, T., Ness, P., Skyles, A., & Tatum, J. (2003, October). *First year teacher panel: How to make the best out of your first year*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Sherwood, OR.
- Cardinal, M., Halverson, B., Rice, G., Taylor, S., Greiner, M., & Gable, D. (2003). *Enhanced use of technology by pre-service teachers in the undergraduate physical education curriculum and teacher education program at Western Oregon University*. Table presented at the PT3 (Preparing Tomorrow's Teachers to Use Technology) Showcase: Rounds 2, 3, and 4, Center for Teaching and Learning, Western Oregon University.
- Cardinal, M. K. (2002, October). *Fusing art with physical activity: A look at dance in physical education through the dance standards*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Corvallis, OR.
- Cardinal, M. K. (2001, October). *Using music in dance and physical education*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Wilsonville, OR.
- Cardinal, M. K. (2001, May). *Healthy lifestyles curriculum: Physical activity*. Invited session presented to visiting teachers, administrators, and health professionals from Ukraine, Monmouth, OR.
- Cardinal, M. K. (2000, October). *Folk dancing in grades K-8*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Wilsonville, OR.
- Cardinal, M. K. (1999, October). *Rhythm activities for elementary school children*. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Seattle, WA.
- Cardinal, M. K. (1999, October). *Integrating movement with other academic disciplines*. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Seattle, WA.
- Cardinal, M. K. (1999, October). *Integrating academic disciplines into elementary physical education*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Aurora, OR.
- Cardinal, M. K. (1998, October). *Rhythm activities for children*. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Yakima, WA.
- Cardinal, M. K., & Cardinal, B. J. (1998, October). *A model for physical education reform*. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Yakima, WA.
- Cardinal, M. K. (1998, October). *Rhythm activities for elementary physical education*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Eugene, OR.
- Cardinal, M. K., & Cardinal, B. J. (1998, October). *No more dodgeball: A model for physical education reform*. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Eugene, OR.
- Cardinal, M. K. (1997, April). *Integrative movement education*. Inservice workshop presented to MAHPERD members and teachers from Detroit Metro area Public Schools, Detroit, MI.

- Cardinal, M. K. (1996, November). *Rhythmic activities for elementary physical education*. Session presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Traverse City, MI.
- Cardinal, M. K. (1995, November). *Country line dance*. Pre-convention workshop presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Battle Creek, MI.
- Cardinal, M. K. (1995, February). *Country line dance*. Inservice workshop presented to dance and physical education teachers from Detroit Public Schools, Detroit, MI.
- Cardinal, M. K. (1994, December). *Folk and square dance*. Inservice workshop presented to dance and physical education teachers from Detroit Public Schools, Detroit, MI.
- Cardinal, M. K. (1994, November). *Country western dance*. Session presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Detroit, MI.
- Cardinal, M. K. (1989, October). *Modified country line dances*. Session presented at Washington Alliance for Health, Physical Education, Recreation and Dance Convention, Seattle, WA.
- Brown, M. K. (1988, October) *Ballet in the physical education classroom*. Session presented at the Washington Alliance for Health, Physical Education, Recreation and Dance Convention, Pasco, WA.
- Brown, M. K. (1988, March). *Low impact aerobics*. Session presented at the Northwest District of the American Alliance for Health, Physical Education, Recreation and Dance Convention, Pullman, WA.
- Brown, M.K. (1987, October). *Low impact aerobics/injury prevention*. Session presented at the Washington Alliance for Health, Physical Education, Recreation and Dance Convention, Bellevue, WA.
- Brown, M. K. (1987, January). *Scholarship ballet class*. Class presented for the student scholarship competition at a Dance Masters of America Convention, Baltimore, MD.

GRANTS

External Awards

- Cardinal, M. K. (2016). Travel support to present sessions. Funding provided by Rhythm and Moves, Inc. Amount funded: airfare, land transportation, accommodations, and conference registration.
- Cardinal, M. K. (2015). Travel support to present sessions. Funding provided by Rhythm and Moves, Inc. Amount funded: airfare, land transportation, accommodations, and conference registration.
- Cardinal, M. K. (2014). Travel support to present research findings. Funding provided by the Korean Society of Dance. Amount funded: airfare, land transportation, accommodations, and symposium registration.
- Cardinal, M. K. (2014). Travel support to present lectures and workshops. Funding provided by Kasetsart University Department of Physical Education. Amount funded: airfare, land transportation, accommodations, and conference registration.

- Cardinal, M. K. (2009). Travel support to present lectures and workshops. Funding provided by the Hong Kong Academy for Performing Arts. Amount funded: airfare, land transportation, and accommodations.
- Cardinal, M. K. (2009). Travel support to present research findings. Funding provided by the Korean Association for Health, Physical Education, Recreation, and Dance. Amount funded: airfare, land transportation, accommodations, and seminar registration.
- Cardinal, M. K. (2007). Travel support to present lecture and workshop. Funding provided by the Korean National Sports University. Amount funded: airfare, land transportation, and accommodations.
- Cardinal, M. K. (2003). Arts for learning summer arts integration project. Funding provided by the Arts in Education Program, Salem Art Association. Amount funded: \$1,000.
- Cardinal, M. K. (2003). Funding to attend summer Oregon Teacher Arts Institute. Funding provided by the Oregon Alliance for Arts Education, Oregon Arts Commission, and Oregon Department of Education. Amount funded: conference registration and accommodations.
- Cardinal, M. K. (2003). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association. Amount funded: \$500.
- Cardinal, M. K. (2002). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association. Amount funded: \$500.
- Cardinal, M. K. (1999). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association. Amount funded: \$500.
- Cardinal, B. J., & Cardinal, M. K. (1997). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association and the Division of Health, Physical Education and Recreation, Wayne State University. Amount funded: \$1,500.
- Cardinal, M. K. (1996). Integrative movement education workshop. Funding provided by the Michigan Association for Health, Physical Education, Recreation and Dance. Amount funded: \$500.
- Cardinal, M. K. (1995). Travel support to present research findings. Funding provided by the Korean Dance Education Society. Amount funded: airfare, land transportation, accommodations, and seminar registration.
- Cardinal, M. K. (1995). Travel support to present research findings. Funding provided by the Science and Somatics of Dance Symposium. Amount funded: airfare.
- Cardinal, M. K. (1994). Travel support to present research findings. Northwest Airlines "Richard Van Dusen Memorial" Domestic Travel Assistance Program. Amount funded: \$520.
- Cardinal, M. K., & Cardinal, B. J. (1990). Funding to commission artwork and develop a promotional poster representing the Washington Alliance for Health, Physical Education, Recreation and Dance (WAHPERD). Funding provided by WAHPERD. Amount funded: \$2,725.
- Cardinal, B. J., & Cardinal, M. K. (1989). "The Total Dancer" health project. Funding provided by Class Acts Dance Academy. Amount funded: \$100.

Internal Awards

- Cardinal, M. K. (2017). Reassignment of duties for research. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: One course release, spring term 2018.
- Cardinal, M. K. (2016). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M. K. (2016). Travel support to attend professional conference. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$692.99.
- Cardinal, M.K. (on behalf of the Division of Health and Exercise Science) (2016). Two Vixia camcorders, two Sennheiser wireless remote microphone sets, two Manfrotto tripods, four JBL portable speakers, and assorted ancillaries, for OPE gym and Division faculty use for courses. Funding provided by the Academic Infrastructure Committee. Amount funded: \$3,540.10.
- Cardinal, M. K. (2016). Major project/research grant. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$3,500.
- Cardinal, M. K. (2015). Reassignment of duties for research. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: One course release, winter term 2016.
- Cardinal, M. K. (2015). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M.K. (on behalf of the Division of Health and Exercise Science) (2015). Six Sennheiser wireless remote microphone sets for OPE gym and Division faculty use for courses. Funding provided by the Academic Infrastructure Committee. Amount funded: \$3,779.70.
- Cardinal, M. K. (on behalf of the Division of Health and Exercise Science) (2015). Travel support for Division of Health and Exercise Science Majors of the Year to attend SHAPE America conference to receive their awards. Funding provided by the Western Oregon University Foundation Competitive Small Grants Program.
- Cardinal, M. K. (2014). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M. K. (2014). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M.K. (on behalf of the Division of Health and Physical Education) (2014). Two MacBook Pro laptop computers (with ancillaries) and Amsec safe for OPE gym and HWC 302 studio. Funding provided by the Academic Infrastructure Committee. Amount funded: \$7,615.76.
- Cardinal, M.K. (on behalf of the Division of Health and Physical Education) (2014). Six Vixia camcorders (with ancillaries) for OPE gym and Division faculty use for courses. Funding provided by the Academic Infrastructure Committee. Amount funded: \$3,176.58.

- Cardinal, M. K. (2014). Major project/research grant. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$3,500.
- Cardinal, M. K. (2013). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M.K. (on behalf of the Division of Health and Physical Education) (2013). Two MacBook Pro laptop computers (with ancillaries) and remote microphone for OPE gym and HWC 302 studio. Funding provided by the Academic Infrastructure Committee. Amount funded: \$5,052.
- Cardinal, M.K., Caster, B., & Hautala, R. (on behalf of the Division of Health and Physical Education) (2013). Biodex Balance System SD for Exercise Science lab. Funding provided by the Academic Infrastructure Committee. Amount funded: \$13,165.
- Cardinal, M. K. (2012). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M. K. (2012). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M. K. (2011). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.
- Cardinal, M. K. (2011). Travel support to attend professional conference. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$600.
- Cardinal, M.K. (on behalf of the Division of Health and Physical Education) (2011). Sound system and audio-video equipment for OPE gym. Funding provided by the Health and Wellness Center and OPE Facility Renovation Project. Amount funded: \$18,000.
- Cardinal, M. K. (2010). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$925.
- Cardinal, M.K. (on behalf of the Division of Health and Physical Education) (2010). Sound system and audio-video equipment for NPE 201 gym. Funding provided by the Academic Infrastructure Committee. Amount funded: \$12,000.
- Cardinal, M. K. (2010). Reassignment of duties for research. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: One course release, winter term 2011.
- Cardinal, M. K. (2009). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$925.
- Cardinal, M. K. (2009). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$1,200.

- Cardinal, M. K. (2009). Travel support to attend professional conference. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$522.
- Cardinal, M. K. (2008). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$900.
- Cardinal, M. K. (2007). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$900.
- Cardinal, M. K. (2007). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$775.
- Cardinal, M. K. (2006). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$775.
- Cardinal, M. K. (2005). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$725.
- Cardinal, M. K. (2005). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$900.
- Cardinal, M. K. (2004). Travel support to attend professional conference. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$500.
- Cardinal, M. K. (2004). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$750.
- Cardinal, M. K. (2003). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$750.
- Cardinal, M. K. (2003). Physical education and dance technology equipment grant. Funding provided by the Western Oregon University Student Technology Fee Committee. Amount funded: \$9,856.
- Cardinal, M. K. (2003). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$600.
- Cardinal, M., Halverson, B., Rice, G., Taylor, S., Greiner, M., & Gable, D. (2002). Enhanced use of technology by pre-service teachers in the undergraduate physical education curriculum and teacher education program at Western Oregon University. Funding provided by the PT3 (Preparing Tomorrow's Teachers to Use Technology) Faculty Grants Program Round 4, Center for Teaching and Learning, Western Oregon University. Amount funded: \$8,500.
- Cardinal, M. K. (2002). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$750.
- Cardinal, M. K. (2001). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$600.
- Cardinal, M. K. (2001). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$750.

Cardinal, M. K. (2000). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$750.

Cardinal, M. K. (1998). Home-school Physical Education teaching project. Funding provided by the Western Oregon University Foundation. Amount funded: \$500.

Cardinal, M. K. (1998). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Committee. Amount funded: \$500.

Cardinal, M. K. (1993). Travel support to present research findings. Funding provided by the Graduate School, Temple University. Amount funded: \$200.

Cardinal, M. K. (1992). Professional development travel support. Funding provided by the William M. Polishook Tribute Fund, Phi Delta Kappa, Temple University Chapter. Amount funded: \$400.

Cardinal, M. K. (1989). Primary funds for Eastern Washington University Dance Company. Funding provided by the Associated Students of Eastern Washington University. Amount funded: \$700.

Cardinal, M. K. (1989). Supplemental funds for Eastern Washington University Dance Company. Funding provided by the Associated Students of Eastern Washington University. Amount funded: \$699.52.

Brown, M. K. (1988). Primary funds for Eastern Washington University Dance Company. Funding provided by the Associated Students of Eastern Washington University. Amount funded: \$700.

PRODUCTION AND DIRECTION EXPERIENCE

- 1991 **Co-Director**, *Art in Motion*. Temple University Student Dance Concert, Philadelphia, PA.
- 1990 **Co-Director**, *Dance Pot-Pourri*. Temple University Student Dance Concert, Philadelphia, PA.
- 1990 **Producer, Director, and Choreographer**, *Dancin' Through the Decades*. Eastern Washington University Dance Company Spring Concert, Cheney, WA.
- 1990 **Producer, Director, and Choreographer**, *A Century of Dance*. Eastern Washington University Dance Company, performed through special arrangements with the Washington Association for Supervision and Curriculum Development Conference, Spokane, WA.
- 1989 **Producer, Director, and Choreographer**, *High Fidelity*. Eastern Washington University Dance Company Spring Concert, Cheney, WA.
- 1989 **Co-Director**, *Vacation '89*. Eastern Washington University Dance Company Spring Fashion Show, Cheney, WA.
- 1989 **Producer and Director**, *Eastern Washington University Talent Night*. Talent show co-sponsored by Eastern Washington University Dance Company and the Associated Students of Eastern Washington University, Cheney, WA.
- 1988 **Producer, Director, and Choreographer**, *Step by Step*. Eastern Washington University Dance Company Spring Concert, Cheney, WA.

- 1984 **Producer, Director, Choreographer, and Performer**, *Graduate Recital*. Music Theatre and Dance Concert, Cheney, WA.
- 1981 **Assistant Stage Manager**, *As You Like It*. Eastern Washington University Theatre Production, Cheney, WA, 1981.

CHOREOGRAPHY

- 1994 *Transcendence* (modern dance), Wayne State University Dance Company, Detroit, MI.
- 1990 *Chicago* (the musical), Eastern Washington University Theatre Production, Cheney, WA.
- 1989 *Football Halftime Production*, collaboration between Eastern Washington University Dance Company and Music Department, performed through special arrangements at the University of Idaho Kibidome, Moscow, ID and the Seattle Kingdome, Seattle, WA.
- 1989 *The Way That You Love Me* (jazz dance), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1989 *Jackie* (jazz dance), Eastern Washington University Dance Company, Cheney, and Spokane, WA.
- 1989 *The Jellicle Ball* (jazz ballet), Eastern Washington University Dance Company, Cheney, WA.
- 1989 *All at Once* (lyrical jazz), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1988 *Love Will Save the Day* (jazz dance), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1988 *Sweet Love* (lyrical jazz), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1986 *Hoedown* (character), Advent Community Theatre, Baltimore, MD.
- 1984 *Flashdance* (jazz suite), Eastern Washington University, Cheney, WA.
- 1984 *The Roar of the Greasepaint* (musical theatre suite), Eastern Washington University, Cheney, WA.
- 1984 *Memories* (modern ballet), Eastern Washington University, Cheney, WA.
- 1984 *Cinderella* (musical theatre suite), Eastern Washington University, Cheney, WA.
- 1984 *There's No Business Like Show Business* (musical theatre excerpt), Eastern Washington University, Cheney, WA.
- 1983 *Be . . . With You, Myself, Together* (modern ballet), Eastern Washington University Dance Theatre, Cheney, WA.

- 1982 *Echoes in Flight* (modern dance), Eastern Washington University Dance Theatre, Cheney, WA.
- 1981 *Battery Park* (modern dance), Eastern Washington University Dance Theatre, Cheney, WA.

PERFORMANCE EXPERIENCE

- 1989 **Dancer**, Ririe-Woodbury Summer Dance Workshop Performance. Snowbird, UT.
- 1985-1986 **Repertory Dance Company Member**, "Electric Dance Ensemble Dance Company," Baltimore, MD. Performances at the Advent Community Theatre and throughout the Baltimore area.
- 1978-1983 **Repertory Dance Company Member**, Eastern Washington University Dance Company, Cheney, WA. Performances at the University Theatre and tour groups throughout Eastern Washington.
- 1982 **Dance Hall Girl**, Willow Springs (musical theatre production). Eastern Washington University, Cheney, WA.
- 1981-1982 **Vocal Soloist, Dancer, and Actress**, Godspell. Performances at the Eastern Washington University Theatre, Cheney, WA, Spokane area public schools, and overseas to Korea and Okinawa in conjunction with the Department of Defense (U.S.O.).
- 1981 **Member**, "Little Travelling Music" (musical theatre touring group). Performances throughout Eastern Washington public schools.
- 1980 **Mary Magdalene, Jesus Christ Superstar**. Performances at Eastern Washington University, Cheney, WA and the Opera House, Spokane, WA.
- 1980 **Dancer**, Renaissance Festivals. Opera House, Spokane, WA.
- 1979-1980 **Vocal Soloist, Pianist, and Flautist**, Sachet (a musical trio) and Evening Tide (a dance band). Performances throughout the Eastern Washington region.
- 1974-1978 **Performer**, four-piece musical combo (vocal soloist, flautist), sextet (soprano), and swing choir (soprano, choreographer). Performances throughout Washington State public schools and community centers.

SERVICE

Professional

- 2012-2015 **Leadership Team Member and Lead Writer for Oregon Dance Content Standards**, Oregon Partnership for Arts Learning Standards, Oregon Alliance for Arts Education and Oregon Department of Education

- 2012-2015 **Editorial Board Member**, *Journal of Physical Education, Recreation and Dance*, American Alliance for Health, Physical Education, Recreation and Dance
- 2014 **Co-Host**, Visiting Scholar Naoki Suzuki from Tokyo Gakugei University, Japan, Division of Health and Physical Education, Western Oregon University
- 2000-2002, 2006-2010, 2012-2013 **Coordinator**, Western Oregon University Health/Physical Education Majors' Volunteer Assistance at the Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference
- 2010-2012 **Member**, Scholar/ Artist Selection Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance
- 2010-2012 **Member**, Research Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance
- 2009-2011 **Member**, Alliance Scholar Committee, American Alliance for Health, Physical Education, Recreation and Dance
- 2010 **External Reviewer**, Dance Science Colleague's (Dr. Tom Welsh) Dossier for Promotion to Full Professor, School of Dance, Florida State University
- 2010 **External Reviewer**, Dance Education Colleague's (Dr. Billie Lepczyk) Dossier for Promotion to Full Professor, College of Learning Sciences & Technologies, Virginia Polytechnic Institute and State University
- 2010 **Reviewer**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 2010 **President**, Scholar/ Artist Lecture presented at the National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance Convention, Indianapolis, IN
- 2000-2008 **Editorial Board Member**, *Journal of Dance Education*, National Dance Education Organization
- 2008 **Program Planner and President**, "Movement, Alignment, and Injury Prevention," Workshop session presented at the National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance Convention, Fort Worth, TX
- 2008 **President and Moderator**, "Research Design and Methodology Challenges in Dance", Dance Symposium presented at the Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance Convention, Fort Worth, TX
- 2004-2007 **Chairperson**, Research Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance
- 2004-2007 **National Dance Association Representative and Board Member**, Research Consortium Executive Board, American Alliance for Health, Physical Education, Recreation and Dance

- 2006 **Reviewer**, Interdisciplinary Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 2006 **Manuscript Reviewer**, *Dance: Current Selected Research, Volume 6*
- 2005-2006 **Chairperson**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 2004-2006 **Chairperson**, Scholar/ Artist Selection Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance
- 2005 **External Reviewer**, Dance Education Colleague's (Dr. Lynnette Overby) Dossier for Promotion to Full Professor, Department of Theatre and Dance, Michigan State University
- 1998-2004 **Coordinator**, College/ University Student Recognition Awards, Oregon Association for Physical Education, Oregon Alliance for Health, Physical Education, Recreation, and Dance
- 2003 **Facilitator**, Break-out Session, Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference
- 2003 **Participant**, Oregon Physical Education Teacher Education (PETE) Faculty Praxis Review and Recommendation Work Group, Teacher Standards and Practices Commission
- 2002-2003 **Chairperson**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1993-2001 **Manuscript Reviewer**, *Dance Research Journal*
- 1999-2000 **Member**, Credentials Committee, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1998-2000 **College/University Chairperson**, Oregon Association for Physical Education, Oregon Alliance for Health, Physical Education, Recreation, and Dance
- 1999 **Delegate**, Dance Division, Northwest District, State and District Vice Presidents' Meeting, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance Convention
- 1998-1999 **Chairperson**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1997-1999 **Contributing Editor (Dance)**, *Physical Activity Today*, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1996-1997 **Member**, Dance Medicine, Science, and Technology Committee, National Dance Association
- 1996-1997 **Delegate**, National Dance Association, Alliance Assembly, American Alliance for Health, Physical Education, Recreation and Dance

- 1996-1997 **Steering Committee Member**, Science and Somatics of Dance Symposium, National Dance Association
- 1996-1997 **Reviewer**, National Registry of Dance Educators, National Dance Association
- 1995-1997 **Director of Publications and Board Member**, National Dance Association
- 1995-1997 **Coordinator**, Southeast Regional Physical Education Workshop, Michigan Association for Health, Physical Education, Recreation and Dance
- 1996 **Dance Representative**, Assembly of the Michigan Association for Health, Physical Education, Recreation and Dance
- 1996 **Reviewer**, Student Literary Award, National Dance Association
- 1995-1996 **Member**, Credentials Committee, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1994-1996 **Manuscript Reviewer**, *IMPULSE: The International Journal of Dance Science, Medicine, and Education*
- 1995 **Reviewer**, National Registry of Dance Educators' *Code of Ethics for Dance Educators in the Private Sector* and *Guidelines for the Safe Practice of Teaching Dance*, Studio Services Committee, National Dance Association
- 1994 **Abstract Reviewer**, Congress on Research in Dance National Conference
- 1988-1990 **Vice President/Vice President Elect**, Dance Division, Washington Alliance for Health, Physical Education, Recreation, and Dance

Community

- 2016 **Facilitator**, Physical Education Teacher Education students' assistance to local elementary physical education teachers (EXS 330), Division of Health and Exercise Science, Western Oregon University
- 2002, 2005-2014, 2016 **Co-Coordinator**, Local home-schooled children's weekly participation in teacher education courses (EXS 330, PE 170, PE 238, PE 434), Division of Health and Exercise Science, Western Oregon University
- 2016 **Co-Coordinator**, Physical Education students' participation in teaching practica at Monmouth Elementary School for the After-School Program (EXS 433), Division of Health and Exercise Science, Western Oregon University
- 2008-2011, 2013-16 **Co-Coordinator**, Physical Education/Fitness students' participation in Talmadge Middle School Community Health Fair (EXS 244), Division of Health and Exercise Science, Western Oregon University
- 2012-2014 **Co-Coordinator**, Monmouth/Independence Family YMCA children's participation in teacher education course (PE 433), Division of Health and Physical Education, Western Oregon University

- 2001, 2005-2010, 2012 **Co-Coordinator**, Teaching Research Child Development Center children's participation in teacher education courses (PE 246, EXS 330, EXS 433), Division of Health and Physical Education, Western Oregon University
- 2010 **Liaison**, Western Oregon University Health and Physical Education faculty presentations for Central School District faculty/staff wellness grant program, Monmouth-Independence, Oregon
- 2010 **Co-coordinator**, Homeschool PE families' participation in special events at the Hamersly Library and Jensen Arctic Museum, Western Oregon University
- 2005-2009 **Co-Coordinator**, Luckiamute Valley Charter Schools' children's participation in teacher education courses (PE 172, PE 246, PE 433), Division of Health and Physical Education, Western Oregon University
- 2008 **Coordinator**, Dance students' participation in "Dancing with Seniors" events at the Clare Bridge of Salem Group Home for seniors with dementia and Alzheimer's disease (PE 121 and 122), Division of Health and Physical Education, Western Oregon University
- 2005 **Teacher Inservice Workshop Presenter (Elementary Physical Education)**, Luckiamute Valley Charter Schools, Pedee, OR
- 2003 **Coordinator**, Student Teacher Participation (leading physical activities) in SMILE Program for Middle School Students, Western Oregon University
- 2002 **Mentor**, Ellie Ritson, Job Shadow Program, South Salem High School
- 2002 **Presenter**, Two Dance Sessions, Polk County Girls Summit 2002, Oregon Department of Human Services, Polk County Human Services, Mid-Willamette Valley Community Action, Dallas Action Together, & Western Oregon University
- 2001 **Coordinator**, Falls City Elementary School children's participation in teacher education courses, Division of Health and Physical Education, Western Oregon University
- 1999 **Consultant**, Physical Education Curricular Reform, Westview High School, Beaverton, OR
- 1993-1996 **Coordinator**, Detroit Arts Festival/Children's Fair Booth, "Dance and Physical Education Activities," College of Education and Division of Health, Physical Education and Recreation, Wayne State University

University

- 2001-2002
2006-2008,
2010-2011,
2014-2017 **Mentor/Sponsor for Student Presentations**, Academic Excellence Day, Western Oregon University
- 2016-2017 **Adjudicator**, Dance Placement and Scholarship Auditions, Dance Program, Western Oregon University
- 2009-2011, **Participant**, Dance Major Interviews, Dance Program, Western Oregon University

- 2013-2015,
2017
- 2014, 2016 **Program Coordinator**, Dancer Wellness Screening and Workshop, Department of Theatre and Dance, Western Oregon University
- 2003-2004,
2007-2008,
2013-2016 **Mentor**, Faculty Peer Mentoring Program, Division of Health and Exercise Science, College of Education, Western Oregon University
- 2014, 2016 **Division Representative**, Transfer Student Orientation Advising and Registration (TSOAR), Academic Advising and Learning, Western Oregon University
- 1998-2003,
2005-2011,
2013-2016 **Faculty Retreat Participant**, Division of Health and Exercise Science and/or Division of Teacher Education, Western Oregon University
- 2014 **Contributor**, Dance Student Handbook (provided additional information regarding dance careers and dancer wellness), Department of Theatre and Dance, Western Oregon University
- 2006-2011,
2014 **Co-Advisor/Advisor**, Social Dance Club, Western Oregon University
- 2013 **Presenter**, Pilates Workshop, Residence Hall Programs, Western Oregon University
- 2012-2013 **Division Representative**, Summer Orientation Advising and Registration (SOAR) Days, Academic Advising and Learning, Western Oregon University
- 2011 **Division Representative**, "Undeclared Majors Fair," Academic Advising and Learning, Western Oregon University
- 2010 **Substitute Committee Member**, Faculty Development Committee Fall Meeting, Western Oregon University
- 2010 **Presenter**, Two Zumba Workshops, Heritage and Landers Residence Hall Programs, Western Oregon University
- 2010 **Adjudicator**, Dance Technique Class Placement Auditions, Western Oregon University
- 2010 **Presenter**, Zumba Workshop, Peer Mentors' Club, Western Oregon University
- 2010 **Presenter**, Foxtrot Lesson, Social Dance Club, Western Oregon University
- 2007-2010 **Advisor**, Camp Adventure Club, Western Oregon University
- 1999-2004,
2006-2007,
2009-2010 **Division Representative**, Early Bird Transfer Registration Day, Western Oregon University
- 1999-2009 **Student Award Nominations and/or Coordination** (OAPE Student Recognition Awards, NASPE Major of the Year Awards, OAHPERD Student Scholarships, Outstanding

- Student Service Award, Student Leadership Awards, Academic Excellence Day, and/or Who's Who References), Division of Health and Physical Education, Western Oregon University
- 2008-2009 **Co-Advisor**, Physical Education Teacher Education Majors Club, Western Oregon University
- 1998-2004, 2006-2009 **HPE Division Representative/Interviewer**, Education Program Student Interviews, College of Education, Western Oregon University
- 2007-2008 **Participant**, Prof Chat, New Student Week, Western Oregon University
- 2005-2007 **Northwest Accreditation Program Review Representative/Liaison**, Division of Health and Physical Education, Western Oregon University
- 2006 **Health and Physical Education Student Advising Session Participant**, New Student Week, Western Oregon University
- 2006 **Coordinator**, Division of Health and Physical Education's involvement in New Student Week activities, Western Oregon University
- 2006 **Group Student Advising Session Leader**, Division of Health and Physical Education, Western Oregon University
- 2005 **Coordinator**, Elementary Physical Education Teacher Education Guests/Visitors from Japan, Division of Health and Physical Education, Western Oregon University
- 2004 **Division Representative**, Winter Preview Day, Western Oregon University
- 2000-2004 **Mentor Teacher**, Seven Physical Education and/or Dance Teacher Education Faculty (Folk and Square Dance, Social Dance, Teaching Movement Concepts and Skills to Children, Teaching Games and Physical Activities to Children, Teaching Dance to Children, Teaching Aerobic Fitness, Physical Education Content Pedagogy, Physical Education in the Elementary School, Elementary Physical Education Teaching Practicum), Divisions of Health and Physical Education and Teacher Education, Western Oregon University
- 1999-2004 **Co-Coordinator**, Health and Physical Education Student Evaluation Process (for Education Program Applicants), Division of Health and Physical Education, Western Oregon University
- 2003 **Invited Faculty Participant**, Holiday "Bake-Off" Competition, Student Journal Staff, Western Oregon University
- 2003 **Co-Presenter**, "Technology Equipment for Measuring Fitness/Physical Activity" and "Character Education/Service Learning," Faculty Retreat, Division of Health and Physical Education, Western Oregon University
- 2003 **Co-Coordinator**, Guest Scholar Presentation: Bruce Brown (Wellness for Athletes: The Seven Essentials of Great Teams), Division of Health and Physical Education, Western Oregon University

- 2003 **Participant**, Arts Education Retreat, College of Education, Western Oregon University
- 2002-2003 **Coordinator**, Physical Education Curriculum Revisions, Division of Health and Physical Education, Western Oregon University
- 2001-2003 **Coordinator**, Guest Presentations: Margaret Bates (Education Specialist, Oregon Department of Education), teacher education courses and Division of Health and Physical Education, Western Oregon University
- 2001-2003 **Coordinator**, Guest Presentations: Brad Cardinal (Physical Activity Epidemiology Specialist, Oregon State University), teacher education courses, Division of Health and Physical Education, Western Oregon University
- 2002 **Facilitator**, Health and Physical Education Break-out Group, Club Ed Meeting, Division of Teacher Education, Western Oregon University
- 2002 **Co-Coordinator**, Guest Scholar Presentation: Ray Tricker (Performance Enhancement and Drug Use Among Athletes), Division of Health and Physical Education, Western Oregon University
- 2002 **Reviewer**, PT3 Technology Grant Proposals: Round 3, Center for Teaching and Learning, Western Oregon University
- 2002 **Division Representative**, Winter and Fall Preview Days, Western Oregon University
- 2001-2002 **Presenter**, "Teaching Elementary Physical Education" and "Overview of the WOU Education Program" lectures presented to students in "Introduction to Health and Physical Education" courses, Division of Health and Physical Education, Western Oregon University
- 2000 **Presenter**, "History and Philosophy of Physical Education" lecture presented to students in Term II of the Education Program, Division of Teacher Education, Western Oregon University
- 1999-2000 **Presenter**, Swing and Country Western Dance Workshops, Residence Life Program, Western Oregon University
- 1998-2000 **Presenter**, Integrated Arts and Movement Workshops "team-presented" to students in Term II of the Education Program, Division of Teacher Education, Western Oregon University
- 1999 **Co-Coordinator**, Guest Scholar Presentation: Robin S. Vealey (Sport Psychology), Division of Health and Physical Education, Western Oregon University
- 1999 **Coordinator**, Student Teacher Presentations at "Preview 2009," Residence Hall Association, Western Oregon University
- 1998-1999 **Division Representative**, Academia/Fall Preview Day, Western Oregon University
- 1998 **Guest Warm-up Leader**, Volleyball Team Practices, Western Oregon University

- 1993-1997 **Student Teacher Portfolio Reviewer**, College of Education, Wayne State University, Detroit, MI
- 1993 **Presenter**, "Dance career alternatives" lecture presented to undergraduate students in the "Professional Perspectives in Physical Education" course, Wayne State University, Detroit, MI
- 1991 **Presenter**, "Dance kinesiology and injury prevention" workshop presented to undergraduate students in the Department of Dance, Temple University, Philadelphia, PA.

Committee Assignments

University

- 2015-2017 Academic Infrastructure Committee, Western Oregon University
- 2012-2016 University Personnel Review Committee, Western Oregon University
- 2012-2014 Senate Faculty Development Committee, Western Oregon University
- 2009 **Chairperson**, Faculty Awards Committee, Western Oregon University
- 2005-2007 Northwest Accreditation Self-Study Steering Committee, Western Oregon University
- 2005-2006 Northwest Accreditation Standards Review and Writing Teams, Western Oregon University
- 2005-2006 Northwest Accreditation Program Review Teams, Western Oregon University
- 2001-2004 Senate Curriculum Committee, Western Oregon University
- 2002-2003 **Chairperson**, Senate Curriculum Committee, Western Oregon University
- 2001-2003 **Board of Directors**, Center for Teaching and Learning, Western Oregon University
- 2000-2002 Faculty Senate, Western Oregon University
- 2001 Liberal Arts Core Curriculum Committee, Western Oregon University
- 1998-2001 Academic Requirements Committee, Western Oregon University

College

- 2010-2011 **Chairperson**, Faculty Peer Mentoring Committee, College of Education, Western Oregon University
- 2003-2006,
2007-2010 Faculty Peer Mentoring Committee, College of Education, Western Oregon University
- 2003-2004 Field Services Work Group, College of Education, Western Oregon University

1992-1993 Graduate Council, College of Health, Physical Education, Recreation, and Dance, Temple University (graduate student representative)

Division/Department

2016-17 Personnel Review Committee, Western Oregon University

2010-2017 Student Awards Committee, Western Oregon University

2013 Physical Activity Specialist Search Committee, Western Oregon University

2008-2011 **Chairperson**, Personnel Review Committee, Western Oregon University

2000-2001,
2004-2009 Curriculum Committee, Western Oregon University

2007-2008 Exercise Science Faculty Search Committee, Western Oregon University

2003-2008 Personnel Review Committee, Western Oregon University

2005-2007 Physical Education and Exercise Science Curriculum Revision Committee, Western Oregon University

2006 Physical Activity Specialist Search Committee, Western Oregon University

2005-2006 Graduate Committee, Western Oregon University

2003-2004 **Chairperson**, Graduate Committee, Western Oregon University

2003-2004 Physical Education/Exercise Science Faculty Search Committee, Western Oregon University

2003-2004 Health Education Faculty Search Committee, Western Oregon University

2003 **Chairperson**, Physical Education Pedagogy Faculty Search Committee, Western Oregon University

2003 Track Coach/Physical Education Faculty Search Committee, Western Oregon University

2001-2003 **Chairperson**, Curriculum Committee, Western Oregon University

2001-2003 Library Liaison for Physical Education, Western Oregon University

1997 Physical Activity Courses (PAC) Committee, Oregon State University

1996-1997 Graduate Panel, Wayne State University

1996-1997 NCATE Graduate Physical Education Pedagogy Committee, Wayne State University

1995-1997 Physical Education Pedagogy Faculty Search Committees, Wayne State University

1994-1997 Graduate Handbook Committee, Wayne State University

- 1994-1997 Undergraduate Physical Education Curriculum Committee, Wayne State University
- 1993-1997 Graduate Committee, Wayne State University
- 1993-1997 Physical Education Student Teaching Advisory Committee, Wayne State University
- 1993-1995 Public Relations Committee, Wayne State University
- 1994 State Convention Booth and Social Committee, Wayne State University
- 1993-1994 Name Change Committee, Wayne State University

Project, Thesis, and Dissertation Advising

- 2016 **Co-Advisor**, Undergraduate Honors Thesis Committee, Rachel Schneider, Western Oregon University
- 2015 **Advisor**, Senior Project for Dance Major Degree, Kirstyn Pagano, Western Oregon University
- 2015 **Member**, Masters Project Committee, Ashley Taylor, Western Oregon University
- 2013 **Member**, Masters Project Committee, Thomas Herb, Western Oregon University
- 2010 **Member**, Masters Thesis Committee, Aileen Babcock, Western Oregon University
- 2007-2010 **Advisor**, Undergraduate Honors Thesis Committee, Jenny Barnes, Western Oregon University
- 2007-2008 **Member**, Masters Project Committee, Terheanna Marquez, Western Oregon University
- 2005-2006 **Chairperson**, Undergraduate Honors Thesis Committee, Tegan Allen, Western Oregon University
- 2001-2006 **Member**, Masters Project Committee, Morning Dove McCreary, MS.Ed., Western Oregon University
- 2003-2004 **Chairperson**, Masters Project Committee, Travis Reeser, MS.Ed., Western Oregon University
- 2002-2004 **Chairperson**, Masters Thesis Committee, Buffy Rhines, MS.Ed., Western Oregon University
- 2002-2003 **Member**, Masters Project Committee, Matt Tornow, MS.Ed., Western Oregon University
- 2002-2003 **Chairperson**, Masters Thesis Committee, Craig Button, MS.Ed., Western Oregon University
- 2002-2003 **Member**, Masters Thesis Committee, Loni Berry, MS.Ed., Western Oregon University

- 1999-2001 **Member**, Undergraduate Honors Thesis Committee, Shannon Harvey, Western Oregon University
- 1999 **Member**, Masters Project Committee, Greg Giza, MS.Ed., Western Oregon University
- 1996 **Member**, Masters Thesis Committee, Mary E. Boyhtari, M.Ed., Wayne State University
- 1995-1996 **Member**, Masters Thesis Instrument Review Panel, C. Berman, & M. McCurry, Long Island University
- 1995 **Advisor**, Senior Project, Elana Chessler, B.S., Wayne State University
- 1994 **Member**, Doctoral Dissertation Instrument Review Panel, Victoria Hutchinson, Temple University

PROFESSIONAL SOCIETY MEMBERSHIPS

American College of Sports Medicine (ACSM)

Balanced Body Pilates

IDEA Health and Fitness Association

International Association for Dance Medicine and Science (IADMS)

Oregon School Health and Physical Educators (Oregon SHAPE) - formerly the Alliance for Health, Physical Education, Recreation and Dance (OAHPERD)

National Dance Education Organization (NDEO)

Society of Health and Physical Educators (SHAPE America) - formerly the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

Zumba Instructors Network (ZIN)

PROFESSIONAL DEVELOPMENT

Certifications

American Council on Exercise (ACE)

American Red Cross Community First Aid and Safety and Community CPR

Balanced Body Pilates Mat Instructor

Collaborative Institutional Training Initiative (CITI), Institutional Review Board, Human Subjects Research Basic Course

Zumba Fitness Instructor, Basic Steps Level I and II, Zumba Toning, Zumba Kids and Kids Jr., Zumba Gold, and Zumba STEP

Conferences, Workshops, and Training Attended

2016	Dancer Wellness Screen (worked with Dance Department faculty members), Case Western Reserve University
2016	Zumba Fitness Instructor Zumba Gold and Zumba STEP Workshops
2015-2016	Rhythm and Moves, Inc. Physical Education and Music Education Annual Conference
1999-2004, 2010-2011, 2013-2014, 2016	Northwest Conference for Children's Physical Education (CCEPE)
2016	Presidential Youth Fitness Program Training
1995, 1997, 2009, 2012, 2015	American College of Sports Medicine (ACSM) National Convention
2015	Balanced Body Pilates 'Anatomy in Three Dimensions' Course
1992-2015	Society of Health and Physical Educators (SHAPE America) Convention (formerly the American Alliance for Health, Physical Education, Recreation, and Dance [AAHPERD] National Convention)
2015	Zumba Fitness Instructor Zumba Kids and Zumba Kids Jr. Workshop
2014	International Symposium of the Korean Society of Dance: Ingenuous Convergence of Dance Culture I
1998-2003, 2005-2010, 2013-2014	Oregon Society of Health and Physical Educators (Oregon SHAPE) Conference (formerly the Oregon Association for Health, Physical Education, Recreation, and Dance (OAHPERD) State Conference
2014	Balanced Body 'Resist and Reform with Elastic Bands' and 'Rolling for Length, Rolling for Strength' Continuing Education Workshops
1999-2004, 2010-2011, 2013-2014	Northwest Conference for Children's Physical Education (CCEPE)
1999-2001, 2003-2004, 2007-2011, 2013-2014	Silver Falls Oregon Colleges and Universities Health and Physical Education Conference
2004, 2008, 2011, 2013	International Association for Dance Medicine and Science (IADMS) International Conference
2001, 2003,	National Dance Education Organization (NDEO) Conference

2006, 2008,
2011, 2012

- 2012 Zumba Fitness Instructor Zumba Toning Workshop
- 2012 Balanced Body Pilates Mat II Module Course
- 2011 Balanced Body Pilates Mat I Module Course
- 2011 Balanced Body Pilates on Tour 'Anatomy in Three Dimensions' Course
- 2011 Zumba Fitness Instructor Basics Steps Level II Workshop
- 2010 National Academic Advising Association (NACADA) Conference
- 2010 Dance Kinesiology Teachers' Workshop
- 2009 International Congress by The Korean Association of Dance; International Sport Science Congress, Korean Association for Health, Physical Education, Recreation, and Dance; International Sports Science Symposium
- 2009 Zumba Fitness Instructor Basics Steps Level I Workshop
- 2006 Oregon Music Educators Association State Conference
- 2004 National Dance Association (NDA) Dance Pedagogy Conference
- 2003 Oregon Teacher Arts Institute
- 2003 Praxis Examination Faculty Workshop (Educational Testing Service)
- 2002 Strengthening Your Physical Education Program: Practical Strategies for Assessment and Grading (Grades 4-12) Seminar (Bureau of Education and Research)
- 2000 American Master Teacher Program (AMTP) University Instructor Pedagogy Seminar
- 1999 Physical Best Specialist Training Workshop
- 1999 Elementary Physical Education Course (audited two-week intensive course), Eastern Washington University
- 1998-1999 Washington Association for Health, Physical Education, Recreation, and Dance (WAHPERD) State Convention
- 1996-1997 Michigan Association for Health, Physical Education, Recreation, and Dance (MAHPERD) Southeast Regional Physical Education Workshop
- 1995, 1997 National Dance Association (NDA) Dance Science & Somatics Conference
- 1993-1996 Michigan Association for Health, Physical Education, Recreation, and Dance (MAHPERD) State Convention

- 1995 Dance Science & Related Topics Symposium
- 1995 Korean Dance Education Society Seminar & Workshop
- 1994 National Dance Association (NDA) Dance Education Conference
- 1993 "Integrating the Curriculum" Workshop, Middle Cities Education Association (Michigan)
- 1992 Pennsylvania Association for Health, Physical Education, Recreation, and Dance (PAHPERD) State Convention
- 1992 Eastern District Association for Health, Physical Education, Recreation, and Dance Convention
- 1988-1989 Northwest District of the American Alliance for Health, Physical Education, Recreation, and Dance Convention
- 1987-1989 Washington Association for Health, Physical Education, Recreation, and Dance (WAHPERD) State Convention
- 1988 International Dance-Exercise Association (IDEA) Convention
- 1978-1990 Numerous private sector dance classes, workshops, conferences, and "intensives," Washington, Maryland, Washington DC, New York, California, Utah